



HERITAGE

Welcome August 2014

SENIOR FARMER'S MARKET COUPON DISTRIBUTION 2014. Summer is here, and that means there's plenty of fresh produce available at Farmer's Markets across the Merrimack Valley! Good nutrition is important throughout our lives, and helps to promote healthy living and healthy aging.

The Senior Farmer's Market Nutrition Program offers a limited supply of \$25 coupons to adults aged 60 and older who meet certain income guidelines, to buy produce at their nearby Farmer's Market Lowell, MA. The coupons are available through the Merrimack Valley Nutrition Project and distributed by Senior Centers in: Amesbury, Billerica, Dracut, Haverhill, Lawrence, Lowell, and Methuen. If you live in Lowell, or other city/town not distributing in the Merrimack Valley, you may get them at the Lowell Senior Center.

THIS YEAR, ALL FARMER'S MARKET COUPONS WILL BE DISTRIBUTED ON WEDNESDAY, AUGUST 6th, from 8 am—3 pm. As always, coupons will be handed out on a first come, first served basis, until they are gone. **PLEASE** make sure you can get to a Farmer's Market and use your coupons! Unused coupons could mean we receive fewer coupons next year.

ALL YOU NEED TO BRING WITH YOU IS PROOF OF WHERE YOU LIVE. This can be a phone bill, electric bill, etc., that shows your name and address. **YOU ALSO WILL NEED TO SIGN A STATEMENT THAT SAYS YOU ARE 60 YEARS OF AGE OR OLDER, LIVE IN THE MERRIMACK VALLEY, AND THAT YOUR INCOME IS NOT HIGHER THAN ONE OF THESE LEVELS:**

- 1 Person Household: \$21,590/year or \$1,800/month
- 2 Person Household: \$29,101/year or \$2,426/month
- 3 Person Household: \$36,612/year or \$3,051/month

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The Lowell Senior Center **WILL BE ACCEPTING SHARP'S DISPOSAL.** The sharps may be dropped off in a puncture proof container on Wednesdays from 9am—11:30 am. We would like to thank the **Lowell Health Department** for assisting us in the pick up and disposal of the sharps disposed.

Are you interested in taking a tour of Boston, MA? Many of us have lived 20 minutes from Boston our entire lives, but have never actually taken the time to learn more about the great history of our Capital City.

Stephen Collins will host an hour and 10 minute tour that includes the historical, Literary and architectural treasures of "Beantown" — Why is it called that anyway?

Sites also include USS Constitution, the Public Garden, Beacon Hill, the State House, Longfellow Bridge, Trinity Church, Cambridge, and Copley Square.

This private tour is conducted and narrated by acclaimed actor, teacher and historian Stephen Collins. Discover a city linked to its history on a journey that offers something for everyone in the group. Please see inside newsletter for more information. You can find this on the \$5 trip page.

The Lowell Senior Center would like to send our best wishes and prayers to the Branch Street fire victims. As you know these families lost so much. The Community has been outstanding with sending donations. If you are interesting in donating to these fire victims, please send clothing, appliances, furnishings, and non-perishable food items, to the Lowell Wish Project, located at 1a Foundry St., Lowell, MA. If you are interested in making a cash donation, please visit a local Jeanne D'Arc Credit Union Branch. I would like to thank everyone that assisted at the Red Cross Shelter held at the Senior Center on July 10 & 11th. **The COA sends the Lowell Wish Project a very special thank you for all of your hard work and help with needed donations, and community teamwork & Lowell Housing Authority for assisting with relocating the families. Also, I want to especially thank the COA Outreach Coord., Linda Hin for going above and beyond her role at the COA to assist the Southeast Asian families.**

Don't forget the Annual Senior Outing, to be held on Thursday, August 7th from 10am-3pm. See back page of newsletter for more information. We hope to see you their!

All of us here at the Lowell Senior Center hope you have an amazing end to your summer!

Sincerely,
Michelle Ramalho

CITY MANAGER

Kevin J. Murphy

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**City Council****Mayor**

Rodney M. Elliott

**Vice Mayor**

John J. Leahy

\*\*\*\*\*

Corey A. Belanger

Edward J. Kennedy Jr.

William F. Martin Jr.

Rita M. Mercier

James L. Milinazzo

Daniel P. Rourke

William J. Samaras

**City of Lowell  
Veterans Services****Director / Agent**

Eric Lamarche

978-674-1595

ELamarche@lowellma.gov

**Head Clerk**

Carmen Felix

978-674-1596

CFelix@lowellma.gov

**Head Clerk**

Nancy McGuire

978-674-1597

NMcGuire@lowellma.gov

**Office Hours:****8:00 A.M. - 4:00 PM.****Monday - Friday**2nd Floor of the Senior  
Center in the administrative  
office area**SENIOR CENTER SERVICES****Main Number: 978-674-1172**

Fax: 978-970-4134

**Executive Director:** Michelle Ramalho  
978-674-1170 ~ mramalho@lowellma.gov**Receptionist:** Tara Donnelly  
978-674-1171 ~ tdonnelly@lowellma.gov**Events / Trips Coordinator:** Kathy Carroll  
978-674-1169 ~ kcarroll@lowellma.gov  
Monday-Friday 6 am to 2 pm**Volunteer:** Sandra Breen  
978-674-1176 ~ sbreen@lowellma.gov  
Monday-Wednesday 6 am to 1 pm**Outreach Coordinator:** Amy (Medina) Leal  
978-674-1167 ~ aleal@lowellma.gov  
Monday-Thursday 9 am to 4 pm**Volunteer Coordinator:** Audrey McMahon  
978-674-1166 ~ amcmahon@lowellma.gov  
Tuesday-Thursday 10 am to 2 pm**Minority Outreach Coordinator:** Linda Hin  
978-674-1173 ~ Lhin@lowellma.gov  
Monday-Friday 9 am to 12 pm**Outreach Volunteer:** John R. Lawlor  
978-674-1174 ~ Jlawlor@lowellma.gov  
Monday-Friday 10 am to 4:00 pm

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SHINE (Serving Health Insurance Needs for Elders)

Joan Gong 978-674-1172

Monday appointments ONLY 10 am to 1 pm

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**Legal Services Assistance & Referrals**

For an appointment call

Tara at 978-674-1172 or 978-458-1465

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Pollard Library 978-674-8634**COA Library Annex** 978-970-4186

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**"Heritage" Composition** — Amy Leal  
**Production Editor** — John R. Lawlor  
**Editor** — Michelle Ramalho**Lowell Senior Center Hours of Operation:**Monday—Friday: Open 6:00 am to 4:00 pm  
Lunch served at 11:30 amSaturday—Sunday: Open 7:00 am until 12 noon  
Breakfast and Lunch ONLY**COUNCIL ON AGING****BOARD OF DIRECTORS***Joan Bedford**Eleanor Belanger**Joyce Dastou**Andrew Hostetler**John R. Lawlor**Sidney Liang**Vincenzo Milinazzo**Suellen O'Neill**William Sheehan, Chair*

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Next meeting:**September 8th at 9:00am****FRIENDS of the
Lowell Council on Aging, INC.****BOARD OF DIRECTORS****PRESIDENT**

Dr. Joseph M. Downes Jr.

VICE PRESIDENT

Rita M. Mercier

TREASURER

Jacqueline Denison

SECRETARY

Claire Brodeur

DIRECTORS

Joseph Dussault

Lenny Gendron

Lorraine Mellen

Ray A. Roades

Arthur Toupin

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Office hours vary

Call 978-674-1175.

Meetings held on last Friday  
of the month at 9:30 a. m.  
Public welcome**BINGO Committee**Chairman — Lenny Gendron  
Vice Chairman — Roland Thibeault  
Treasurer — Claire Brodeur

# LCOA Trips

The Motor Coach trips from Ayotte Garage are available for all ages 18-101! \$25 deposit. \*\*\*\* Overnight trip  
All Trips must be paid in full one month prior to travel date. LCOA policy: no refunds (unless insurance is purchased).  
The "Civic Events" office is now open from 6:00 a. m. to 2:00 p. m. — Trip flyers available outside of 2nd floor office.

\*\*\*\***September 7-9, Sunday—Tuesday ... Taj Mahal Casino.** Includes 2 nights at the casino, \$30 casino slot cash, luxury Fox coach. Free parking at the George Ayotte Garage. Departs at 7 am. Cost \$209 dbl. \$298 sgl. \$205 trp.

**September 9, Tuesday ... "American Bandstand Revue" @ Venus De Milo in Swansea, MA** This show is for those 50's & 60's enthusiasts with music from Jerry Lee Lewis, Brenda Lee, Neil Sedaka, The Four Seasons, The Beach Boys, Paul Anka, Frankie Lyman, Freddie Cannon, Connie Francis, The Girl Groups and more! 11:30 doors open & lunch @ noon: Boneless Breast of Chicken, Soup, Potato, Vegetable, Dessert and Coffee. Roger's Bus Departs at 10:15 from LCOA. Cost \$50.

> > > **COMING SOON — INFORMATION ABOUT A FALL MOTORCOACH TRIP TO TWIN RIVERS.** < < <

**September 18, Thursday ... New England goes Country @ Danvers, MA Yacht Club** Join us for an amazing day of Country music with 2 of New England's Hottest young stars to perform on our Best of Times stage. This is an opportunity to see two budding stars on their way up the country music charts and into the country mainstream. Complete meal of baked scrod or breast of chicken. Listen to some of our country favorite songs as well as some new songs sure to win over our country ears! Bus leaves from LCOA.— Cost \$63.

**September 19, Friday ... Cape Cod Canal Cruise & Annual Bourne Scallop Festival – New Location @ The Barnstable County Fairgrounds in Falmouth!** Departs from the George Ayotte Garage @ 8am. Cost \$57. SOLD OUT

\*\*\*\***October 8-10, Wednesday—Friday ... QVC Shoppers Special ... Mushrooms, Wine & Gardens Day.** See Flyer for more info. Cost: \$449 dbl, \$439 tpl, \$549 sgl.

**October 10, Friday ... Scenic Railroad & Hart's Turkey Farm,** complete Turkey dinner on dinner train. Departs at 8:00 am from LCOA. Cost \$55.

**October 21, Tuesday ... Comedy Singer Joey Vincent at Lantana's Function Facility** in Randolph, Ma. Joey Vincent has been entertaining audiences throughout the US & Canada for over 30 years, including Carnegie Hall, The Philadelphia Academy of Music & Toronto Symphony Hall, as well as an appearance on America's Got Talent. A fast-paced blend of musical impressions, stand up comedy, singing, dancing, and trumpet virtuosity, this unique show is one you shouldn't miss! From James Brown to the Jersey Boys, Stevie Wonder to Willie Nelson, Louie Prima to Luciano Pavarotti, Joey Vincent gives you an exciting, funny & CLEAN show that is sure to please! Includes: transportation, driver's gratuity, lunch, & show. Meal: Minestrone soup, rolls with butter, holiday roast turkey dinner with gravy, cranberry sauce, potato, stuffing and vegetable, also dessert with coffee/tea. Bus leaves from LCOA.— Cost:\$63 .

**October 22, Wednesday ... Cabaret Lulu at Old Sturbridge Village** Presents "Say It With Music" from the great shows of Broadway to down home blues & the sound of jazz, rock & roll, America sings & swings! Lunch & Show at the theater. Seasonal soup & turkey dinner or grilled salmon with potato & seasonal veggies; baked Indian pudding. Cost

**November 6, Thursday ... Andrews Sisters Tribute: "Letters from Home" at White's of Westport.** This show takes you down memory land with hits like "Don't Sit Under the Apple Tree", "Rum & Coca-Cola", "Every Time We Say Good-bye", "Pistol Pack'n Mama", "Bei Mir Bist DuShon", "Shoo Shoo Baby" & Boogie Woogie BugleBoy; this high energy shows that will be honoring the men and women of our military. Doors open @ 11:30am Lunch @ noon Choice of Boneless Stuffed Breast of Chicken or Baked Scrod, Potato, Vegetable Coffee & Dessert. Leave from LCOA. Departs for home at 3:30 pm. Cost \$65.

**November 12, Thursday ... The Letterman at Mohegan Sun.** Music & more! \$30 casino gaming package, \$20 free slot play or free bet & \$10 meal voucher. Includes transportation, driver's tip, show and ticket. Cost \$81.

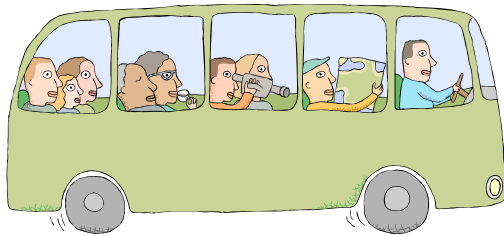
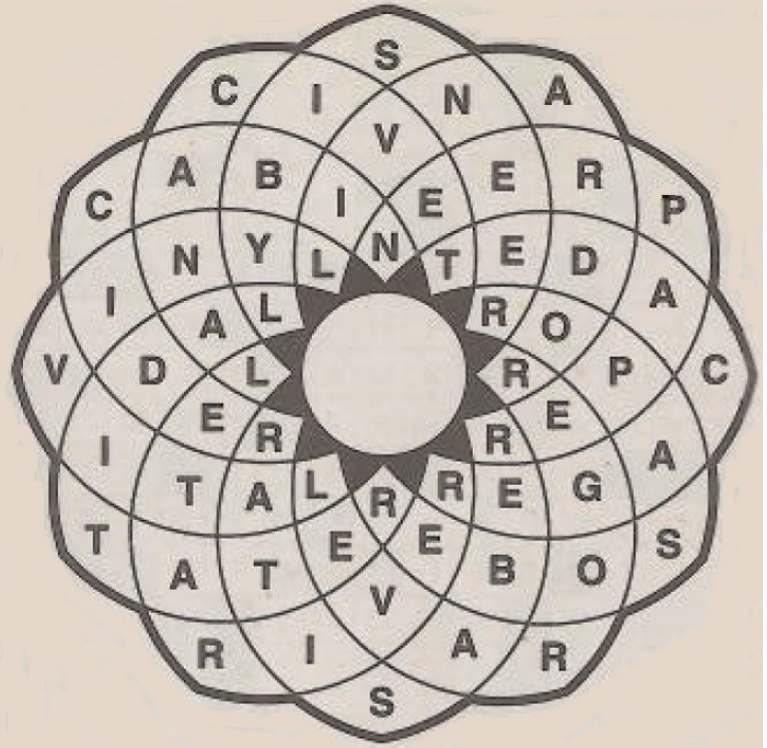
**December 2, Tuesday ... at White's of Westport ...** A 50's & 60's Holiday variety Show Featuring Don Who & A Tribute to Brenda Lee with Cil Bee. Celebrate the holidays with this variety show that will make you laugh & cry and want to see it over and over again. Songs include: Let It Snow, Jingle Bell Rock, Grandma Got Run Over by a Reindeer, Elvis' Blue Christmas, Rockin' Around the Christmas Tree, and many more from the 50's & 60's era! Bus leaves from LCOA.— at 9:15 am, doors open at 11:30 am, meal choice of chicken or scrod, show begins at 1:45 pm, depart for home at 3 pm. Cost \$50.00

**December 4, Thursday ... Newport, RI Playhouse: "Lies, Cheat, & Genuflect."** Two young men – gamblers who never win - have a rich uncle who is leaving all his money to a niece who is a nun - whom he has never seen! The uncle dies, and one of the nephews arrives as the niece, dressed as a nun! – begins! Full Buffet, Cabaret & Transportation. Bus leaves from LCOA.— Cost \$55

**\*\*\*\*December 3-5, Wednesday—Friday ... A 3-day Christmas at The White Mountain Hotel & Resort.** Package includes: Yuletide Welcome Reception, 2 nights deluxe accommodations, 5 great meals ordered off the menu served in Ledges dining room (2 breakfasts, 1 luncheon, 2 dinners), 3 different holiday entertainment shows in our Echo Ballroom, trip to the Rocks Estate in Bethlehem, shopping at tax free stores & specialty shops, visit from Santa Claus & a Christmas gift! Taxes, gratuities, use of all hotel amenities including year round heated pool & Jacuzzi, health facilities, & game room also included. Check in at 3 pm, check out at 11 am. Cost \$405 dbl, \$505 sgl, \$385 trp.

**December 31, Wednesday ... New Year's Eve Day Trip** at Danversport Yacht club. From Ayottte \$ 84.

### Puzzle page 14



## Roger's \$5.00 Trips

*Ages 60 to 101!*

Bus leaves @ 9:15 am from the Senior Center.

The bus is Handicapped Accessible.

SCHEDULE IS SUBJECT TO CHANGE.

### August tickets on sale August 1st

4th .... Monday ... Pickering Wharf, Salem MA  
 8th ... Friday ... York Beach, ME  
 11th ... Monday ... Hampton Beach, NH  
 15th ... Friday ..... Quincy Market Boston, MA  
 18th ... Monday ... Ogunquit Beach, ME  
 19th ... Tuesday ... Old Orchard Beach, Me  
 25th ... Monday ... Hampton Beach, NH  
 28th ... Thursday ... Markey's & Walmart, NH

### September tickets on sale August 29th

4th ... Thursday ... Bus Tour of Boston (\$10) finish at Salvatore's New Seaport District for lunch on your own  
 5th ... Friday ... Quincy Market  
 11th ... Thursday ... Rockport  
 15th ... Monday ... Plymouth Rock  
 23rd ... Tuesday ... Merrimack Outlets  
 25th ... Thursday ... Deerfield Fair (Senior Day \$7)  
 29th ... Monday ... Grassfield's Restaurant  
 [October 6th, Monday - Topsfield Fair (Senior Day \$8)]

Limit (4) four tickets per person ... per trip! No employee or volunteer of the Senior Center is able to purchase tickets on behalf of a Senior Center member.

If you arrive prior to 8 am on date of ticket sales, please make sure to sign your name on the numbered list on Tara's door. Tara will arrive at 8 am and give you your number & the list will be removed from the door & numbers will be distributed upon your arrival.

## **Elder Brown Bag Site Needed**

This program is a collaborative effort between Elder Services and the Greater Boston Food Bank. The GBFB provides the food and our staff coordinate the volunteer and administrative efforts of the pick-up sites, food delivery, packaging and distribution. The program is considered emergency food assistance and designed for those, over 60 or disabled, who may run low on grocery/food money after their monthly income sources run out.



We are currently looking for a new host site in Lowell or one of the Greater Lowell communities. If you would like more information on the program or what is needed in a host site we would love to hear from you. Please call Laura Marsan at 978-946-1303.

## **Decorate It Yourself!**

Monday, August 11th  
10:00 am-12:00 pm

Come join me for some fun and decorations with some PartyLite items. Show me how you would decorate it if it were in your home. All you need to bring with you is a smile and your creativity!

Hope to see you there!  
Jennifer Salas

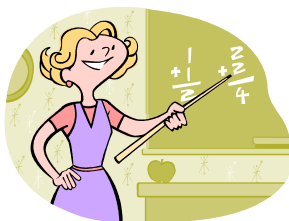
## **Teach Financial Skills that Last a Lifetime**

Do you have an hour a week to change someone's life?

Budget Buddies helps low-income women in the Merrimack Valley become more financially secure through a six-month program that combines individualized, one-to-one coaching with workshops that teach key money-management skills.

As a volunteer coach in the program you will receive extensive training and support to address the money-management issues that are most important to the woman you mentor.

For an hour a week, you can guide someone in your community along the road to financial independence. You don't have to



be a money-management expert to participate. Just someone who wants to help.

Per the request of Budget Buddies students, all coaches are women. If you'd like information on programs starting this fall, please join Budget Buddies for a short presentation at the Lowell Senior Center on August 15th at 10 a.m. Can't make it? Call 978-703-0820, or send a note to [m.hebert@budgetbuddies.org](mailto:m.hebert@budgetbuddies.org). You can learn more about Budget Buddies at [www.budgetbuddies.org](http://www.budgetbuddies.org).

## **New Phone Scam Warning for Local Businesses and Residents**

The Lowell Police Department (LPD) is warning residents and local businesses of a new phone scam. The caller identified themselves as a National Grid employee and informed the resident/business employee that they have an outstanding balance. They are then instructed the resident/local business to send money within a certain period of time or their power will be shut off.

If you experience this phone scam, please report it to the police. If possible, make note of the number on your caller ID. The non-emergency number for the Lowell Police Department is (978) 937-3200. If you wish to remain anonymous you can call our Crime Stoppers Tip Line at (978) 459-TIPS (8477). We can also be reached through our smart phone app at MyPD and hit "submit a tip."



## **VOLUNTEER Tax Preparers NEEDED**

The AARP Foundation Tax-Aide program is looking for VOLUNTEER tax preparers in Lowell and area towns for the upcoming tax season. Volunteers should be proficient in the use of a computer and have some experience preparing personal income tax returns. All volunteers must be able to participate in one week of new volunteer training in December, one week of all-volunteer training in January, and volunteer at least 40 hours during the tax season (February through April). For more information, see <http://aarp.org/taxaide> or call Harry or Joan at 978-256-4601.





## Doctor's, Nurse's & MORE

Blood Pressure & weight check:

**Circle Home, Inc. (LVNA)**

2nd Tuesday ... 8:00—10:00 am

3rd Tuesday ... 10:00 am—12:30 pm

**Albert Gauthier RN/ Blood Pressure**

Wednesdays ... 9:30—11:30 am

**Commonwealth Nursing**

1st & 4th Tuesdays ... 10:00 am—12:00 pm

**Dr. George Potamitis from Pro-Rehab**

Question and Answer sessions every Wednesday from 10:00—11:00 am

**Affordable Hearing - Christopher Streeter**

Hearing Testing, Hearing Instrument Testing.

2nd Thursday of each Month from 9—11 am.

Please call 978-674-1172 for appointment.

**Diabetic Shoes with Steven Carrucci**

2nd Tuesday of each month, please call

1-978-758-5378.

## CTI Bone Builders Class

Learn how to strengthen your muscles, maintain or increase bone density, improve your balance, build confidence, prevent falls, nutrition & lifestyle changes, & make new friends!

OPENINGS AVAILABLE!

See Calendar for dates & times

Call 978-674-1172 to register

\*Doctor's approval REQUIRED\*



Lowell Senior Center is pleased to offer a preventive health event. Life Line Screening, a leading provider of community-based preventive health screenings, will host their affordable, non-invasive and painless health screenings on 8/29/2014.

Five screenings will be offered that scan for potential health problems related to: blocked arteries which is a leading cause of stroke; abdominal aortic aneurysms which can lead to a ruptured aorta; hardening of the arteries in the legs which is a strong predictor of heart disease; atrial fibrillation or irregular heart beat which is closely tied to stroke risk; and a bone density screening, for men and women, used to assess the risk of osteoporosis.

Register for a Wellness Package which includes 4 vascular tests and osteoporosis screening from \$149 (\$139 with our member discount). All five screenings take 60-90 minutes to complete. In order to register for this event and to receive a \$10 discount off any package priced above \$129, please call 1-888-653-6441 or visit [www.lifelinescreening.com/community-partners](http://www.lifelinescreening.com/community-partners).

## Getting Fit & Staying Fit

with Marian Silk

Mondays and Thursdays:

9:00 - 9:55 am

Wednesdays: 8:30 - 9:25 am

\$2.00 per class

*(I like to end 5 minutes early so we are out the door in one hour!)*



## Personal Computer/Tablet Assistance with Pierre

Fridays 9:30—11:30 am



## YOGA

with Diana Kyricos

Wednesdays 10-11 am

\$5.00 per class

Benefits? Helps with arthritis, flexibility, strength, mobility, range of motion, pain, high blood pressure, breathing, circulation, & stress!

Atma Yoga 978-250-0441

[www.atmamoves.com](http://www.atmamoves.com)

Diana@atmamoves.com



**Mah-jongg**

Mondays

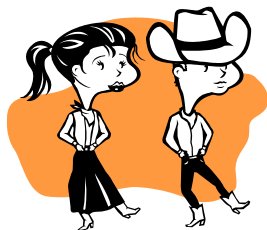
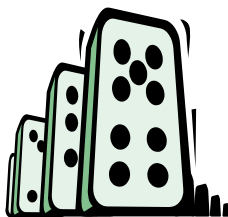
12:00—4:00 pm

**Country Line Dancing**

with Marcella Groulx

Tuesdays  
10:00 am—  
12:00 pm

\$5.00

**Dominoes**with Charlotte  
LandryTuesdays  
9:00—11:00 am**Hawaiian Hula Dance Lessons**

with Kim Stevens

Mondays  
10:00 amGood for joints  
And FUN!**DOWNTOWN  
LOWELL  
FIRST  
THURSDAYS!**Specials, events & performances for all ages  
throughout downtown Lowell...  
Pick up a map at the NPS Visitor Center

American Textile History Museum  
Ager Lofts Gallery  
Brush Gallery & Artist Studios  
Arts League of Lowell Gallery  
Gates Block Studios  
Loading Dock Gallery  
NPS Visitor Center  
Lowell National Historical Park  
MHI No. 3  
New England Quilt Museum  
UnchARTed Gallery  
Whistler House Museum of Art  
Zeitgeist Gallery  
119 Gallery

**AUG 7  
SEPT 4****5 to 9 PM**  
Come Play after hours  
in lively Lowell!!

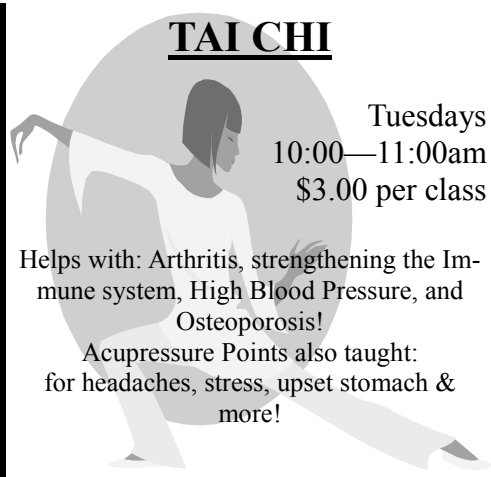
www.culturecool.org/downtown-lowell-first-thursdays



Lowell Senior Center volunteers were recognized last month at the annual appreciation dinner dance at the Mt. Pleasant Golf Club. Many thanks to our volunteers!

**Quilting  
Lessons**Newcomers' wel-  
come!Wednesdays  
12:30—3:00 pm**TAI CHI**Tuesdays  
10:00—11:00am  
\$3.00 per class

Helps with: Arthritis, strengthening the Im-  
mune system, High Blood Pressure, and  
Osteoporosis!  
Acupressure Points also taught:  
for headaches, stress, upset stomach &  
more!

**Knitting  
&  
Crochet  
Group**Tuesdays  
12:00—3:00 pmNewcomers' wel-  
come!





# Veteran's Corner



## Eligibility for a Veterans' Plate

Veterans' plates are issued to veterans who served: 180 days of regular active duty service (enlisted or drafted service) and a last discharge or release under honorable conditions (does not include training), or 90 days of active duty service (Reservists or National Guard), one day of which is during "wartime" and a last discharge or release under honorable conditions (does not include training).



Veterans' are eligible for one (1) set of plates for each vehicle registered in his or her name.

**Procedure to Obtain Veterans' Plates:** You must present one of the following documents to a full service RMV office to verify your veteran status: Honorable Discharge, DD-214, Release from Active Duty paperwork. In addition to the verification listed above, you will need a copy of your current registration (if applicable), a signed and stamped RMV1 form from your insurance agent (if a newly purchased vehicle), or a signed and stamped RMV3 form from your insurance agent (if acquiring Veterans' plates on an existing registration), and the appropriate fee.

**Fees:** Initial Registration Fee:\$50, Special Plate Fee:\$40, Renewal Fee: \$90 every 2 years. Proceeds from the special plate fee for this plate go to the Chelsea and Holyoke Soldier's Homes.

## **WANTED: Gently used furniture and household goods!!**

This nonprofit finds housing for homeless Veterans and are in need of furnishings. If anyone has anything they would like to donate they have volunteers that will come and pick it up.

Please Contact: 617-910-6948

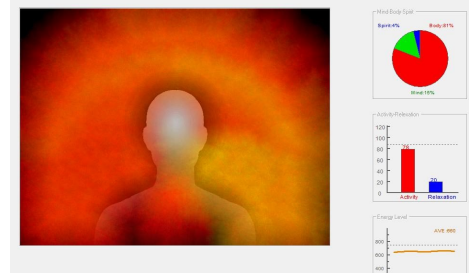
Homeland Heroes Foundation  
PO Box 584  
North Salem, NH 03073-0584

For alternative ways to donate go to:  
[www.homelandheroesfoundation.org](http://www.homelandheroesfoundation.org)



## **BRAIN YOGA**

Come join us and  
see a picture of your energy!



Stretch and relax your brain with  
fun games and activities!  
**WE WILL BE BACK ON SEP-  
TEMBER 2nd .  
TRY BRAIN YOGA!**

## **YOGA for VETs**

with Diana Kyricos

11:00 am—12:00 pm \$5.00

It is a chair yoga class in which we  
cover meditation and movements  
for posture, flexibility, coordina-  
tion, and strengthening of the  
whole body.

## **B - I - N - G - O**

Every Wednesday

12:00—3:00 pm

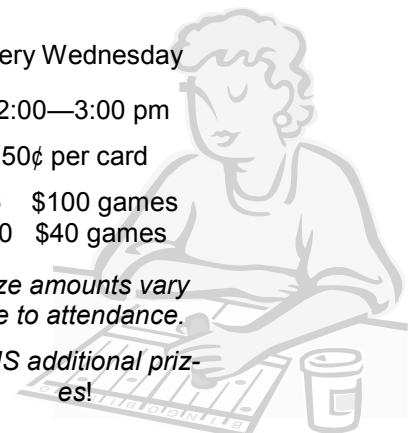
50¢ per card

6 \$100 games

10 \$40 games

Prize amounts vary  
due to attendance.

**PLUS additional prizes!**





## **CAUTION DURING EXTREMELY HOT WEATHER**

A few common sense measures can reduce heat-related problems, especially for the elderly, the very young and people with respiratory ailments, who are more susceptible to the effects of high temperatures. Here some tips to help keep cool and safe during hot, humid weather:

Slow down, avoid strenuous activity. Do not try to do too much on a hot day.

Wear lightweight, loose-fitting, light-colored clothing. Light colors will reflect heat and sunlight and help maintain normal body temperature. Protect your face with a wide-brimmed hat.

Drink plenty of water regularly and often, even if you do not feel thirsty. Attempt to stay hydrated.

Limit intake of alcoholic beverages. They can actually dehydrate your body.

Eat well-balanced, light, regular meals. Avoid high protein foods that increase metabolic heat.

Stay indoors as much as possible.

If you do not have air conditioning, stay on your lowest floor, out of the sun. Electric fans do not cool the air, but they do help evaporate perspiration, which cools your body.

Go to a place where you can get relief from the heat, such as air conditioned schools, libraries, theaters and other community facilities that may offer refuge during the warmest times of the day.

Cover windows that receive morning or afternoon sun with drapes, shades, awnings or louvers. Outdoor awnings or louvers can reduce the heat that enters a home by up to 80%.

Avoid too much sunshine. Sunburn slows the skin's ability to cool itself. If you are outside, use sunscreen lotion with a high SPF (Sun Protection Factor) rating.

Never leave children or pets alone in a closed vehicle.

Do not leave pets outside for extended periods. Make sure that pets have plenty of drinking water.

Check on family, friends and neighbors.

In normal weather, the body's internal thermostat produces perspiration that evaporates and cools the body. However, in extreme heat and high humidity, evaporation is slowed and the body must work extra hard to maintain normal temperature, which may lead to heat cramps, heat exhaustion and heat stroke. If you believe you, or anyone you are with, is experiencing a heat-related medical emergency, promptly call 911, and if possible, move to a cooler place.



## **Anxiety Support Group**

with Steve Coupe

Fridays  
2:00—3:45 pm




## **Fallon Senior Plan Meeting**

Monday, August 18 @ 10am

Aging into Medicare? Qualify for a special election period? A Fallon Senior Plan representative will be at the Lowell Senior Center to discuss the Fallon Senior Plan options for 2014. Please stop by to learn more about one of your Medicare Options.



| MONDAY                                                                                                                                                                                                                                                                                                                                                                                 | TUESDAY                                                                                                                                                                                                                                                                                                                            | WEDNESDAY                                                                                                                                                                                                                                                                                                                                                                                   | THURSDAY                                                                                                                                                                                                                                                                                                     | FRIDAY                                                                                                                                                                                                                                                                                                                                                                                              |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>August 16</b><br/><b>South East</b><br/><b>Asian Water</b><br/><b>Festival</b></p>                                                                                                                                                                                                                                                                                               | <h1>August</h1>                                                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                                                                                                                                             |                                                                                                                                                                                                                                                                                                              | <p>1.<br/>7-9 Breakfast Program with a suggested 50¢ donation<br/>8:00 Foot Doctor McNamara<br/>9:30 Personal Computer/Tablet Assistance with Pierre<br/>10:00 Benchmark Senior Living Info Table<br/>11:30-3:45 Poker<br/>11:30 Lunch (see menu) \$2<br/>11:45 Wii Games<br/>1-3 Senior Social \$1.00, sponsored by Tufts Medicare Preferred<br/>2-3:45 Anxiety Support Group with Steve Coupe</p> |
| <p>4.<br/>7-9 Breakfast Program with a suggested 50¢ donation<br/>8:30-9:30 CTI Bone Builders A<br/>9:00 Getting Fit w/Marian Silk \$2<br/>10:00 Hawaiian Hula Dance<br/>10-1 SHINE councilor—Call 978-674-1172 for appointment<br/>11:30 Lunch (see menu) \$2<br/>12-3:45 Bid Whist Cards<br/>12-4pm MAH-JONGG<br/>1:00 Choral Group Rehearsal<br/>1:45-2:45 CTI Bone Builders B</p>  | <p>5.<br/>7-9 Breakfast Program with a suggested 50¢ donation<br/>9-11:30 Dominoes<br/>10-12 LPD drop-in<br/>10-12 Commonwealth Nursing<br/>10-12 Country Line Dancing \$5<br/>10-11 Tai Chi \$3<br/>11:30 Lunch (see menu) \$2<br/>11:45 Wii Games<br/>Noon Cribbage<br/>12-3 Knitting &amp; Crochet<br/>1-3 Picture ID's \$3</p> | <p>6.<br/>7-9 Breakfast Program with a suggested 50¢ donation<br/><b>8-3 Farmers' Market Coupons</b><br/>8:30-9:25 Getting Fit w/Marian Silk \$2<br/>8:30-9:30 CTI Bone Builders A<br/>9:30-11:30 Blood Pressure with Albert Gauthier, RNBP<br/>10-11 Yoga for Seniors \$5<br/>11-12 Yoga for Vets \$5<br/>11:30 Lunch (see menu) \$2<br/>1-3 Bingo<br/>1:30-3:30 Quilting Get together</p> | <p>7.<br/><b>Annual Outing</b><br/><br/>Dessert sponsored by Tufts Medicare Preferred</p>                                                                                                                                                                                                                    | <p>8.<br/>7-9 Breakfast Program with a suggested 50¢ donation<br/>NO Veterans Breakfast<br/>9:30 Personal Computer/Tablet Assistance with Pierre<br/>11:30-3:45 Poker<br/>11:30 Lunch (see menu) \$2<br/>11:45 Wii Games<br/>1-3 Senior Social \$1.00, sponsored by Tufts Medicare Preferred<br/>2-3:45 Anxiety Support Group with Steve Coupe</p>                                                  |
| <p>11.<br/>7-9 Breakfast Program with a suggested 50¢ donation<br/>8:30-9:30 CTI Bone Builders A<br/>9:00 Getting Fit w/Marian Silk \$2<br/>10:00 Hawaiian Hula Dance<br/>10-1 SHINE councilor—Call 978-674-1172 for appointment<br/>11:30 Lunch (see menu) \$2<br/>12-3:45 Bid Whist Cards<br/>12-4pm MAH-JONGG<br/>1:00 Choral Group Rehearsal<br/>1:45-2:45 CTI Bone Builders B</p> | <p>12.<br/>7-9 Breakfast Program with a suggested 50¢ donation<br/>8-10 LVNA Blood Pressure<br/>8:30 CTI MTG—Mandatory<br/>9-11:30 Dominoes<br/>10-12 LPD drop-in<br/>NO Country Line Dancing<br/>10-11 Tai Chi \$3<br/>11:30 Lunch (see menu) \$2<br/>11:45 Wii Games<br/>Noon Cribbage<br/>12-3 Knitting &amp; Crochet</p>       | <p>13.<br/>7-9 Breakfast Program with a suggested 50¢ donation<br/>8:30-9:25 Getting Fit w/Marian Silk \$2<br/>8:30-9:30 CTI Bone Builders A<br/>9:30-11:30 Blood Pressure with Albert Gauthier, RNBP<br/>10-12 TUFTS Info Table<br/>10-11 Yoga for Seniors \$5<br/>11-12 Yoga for Vets \$5<br/>11:30 Lunch (see menu) \$2<br/>1-3 Bingo</p>                                                | <p>14.<br/>7-9 Breakfast Program with a suggested 50¢ donation<br/>9:00 Getting Fit w/Marian Silk \$2<br/>9-11 Hearing Aid Maintenance, equipment test &amp; hearing test<br/>10:00 AA Info meeting<br/>11:30 Lunch (see menu) \$2<br/>12-3:45 Cards: 45's &amp; Whist<br/>1:45-2:45 CTI Bone Builders B</p> | <p>15.<br/>7-9 Breakfast Program with a suggested 50¢ donation<br/>9:30 Personal Computer/Tablet Assistance with Pierre<br/>10:00 Budget Buddies Presentation<br/>11:30 Lunch (see menu) \$2<br/>11:30-3:45 Poker<br/>11:45 Wii Games<br/>1-3 Senior Social \$1.00, sponsored by Tufts Medicare Preferred</p>                                                                                       |

|                                                                                                                                                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                                                                                                                                                                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1-3 Knitting & Crochet<br>1-3—Picture IDs \$3                                                                                                                                                                                                                                                                                                                         | 1-3 Bingo<br>1:30-3:30 Quilting Get together                                                                                                                                                                                                                                                                                                                                                | 2-3:45 Anxiety Support Group                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| 18.<br>7-9 Breakfast Program with a suggested 50¢ donation<br>8:30-9:30 CTI Bone Builders A<br>9:00 Getting Fit w/Marian Silk \$2<br>10:00 Hawaiian Hula Dance<br>10:00 Fallon Senior Plan Meeting<br>11:30 Lunch (see menu) \$2<br>12-3:45 Bid Whist Cards<br>12-4pm MAH-JONGG<br>1:00 Choral Group Rehearsal<br>1:45-2:45 CTI Bone Builders B                       | 19.<br>7-9 Breakfast Program with a suggested 50¢ donation<br>9-11:30 Dominoes<br>10-12 LPD drop-in<br>10-12:30 LVNA Blood Pressure<br>10-12 Country Line Dancing \$5<br>10-11 Tai Chi \$3<br>11:30 Lunch (see menu) \$2<br>11:45 Wii Games<br>Noon Cribbage<br>12-3 Knitting & Crochet<br>1-3 Picture IDs \$3                                                                              | 20.<br>7-9 Breakfast Program with a suggested 50¢ donation<br>8:30-9:25 Getting Fit w/Marian Silk \$2<br>8:30-9:30 CTI Bone Builders A<br>9:30-11:30 Blood Pressure with Albert Gauthier, RNBP<br>9:30 Card Workshop \$5<br>NO Yoga for Seniors \$5<br>NO Yoga for Vets \$5<br>11:30 Lunch (see menu) \$2<br>1-3 Bingo<br>1:30-3:30 Quilting Get together                                                                                                                                                                     |
| 25.<br>7-9 Breakfast Program with a suggested 50¢ donation<br>8:30-9:30 CTI Bone Builders A<br>9:00 Getting Fit w/Marian Silk \$2<br>10:00 Hawaiian Hula Dance<br>10-1 SHINE councilor—Call 978-674-1172 for appointment<br>11:30 Lunch (see menu) \$2<br>12-3:45 Bid Whist Cards<br>12-4pm MAH-JONGG<br>1:00 Choral Group Rehearsal<br>1:45-2:45 CTI Bone Builders B | 26.<br>7-9 Breakfast Program with a suggested 50¢ donation<br>9-11:30 Dominoes<br>10:00 AllCare Services: Speaking on Dementia<br>10-12 LPD drop-in<br>10-12 Commonwealth Nursing<br>10-12 Country Line Dancing \$5<br>10-11 Tai Chi \$3<br>11:30 Lunch (see menu) \$2<br>11:45 Wii Games<br>12-3 Brown Bag Pick Up ONLY<br>Noon Cribbage<br>12-3 Knitting & Crochet<br>1-3 Picture IDs \$3 | 27.<br>7-9 Breakfast Program with a suggested 50¢ donation<br>8:30-9:25 Getting Fit w/Marian Silk \$2<br>8:30-9:30 CTI Bone Builders A<br>9:30-11:30 Blood Pressure with Albert Gauthier, RNBP<br>NO Yoga for Seniors \$5<br>NO Yoga for Vets \$5<br>11:30 Lunch (see menu) \$2<br>1-3 Bingo<br>1:30-3:30 Quilting Get together                                                                                                                                                                                               |
| 21.<br>7-9 Breakfast Program with a suggested 50¢ donation<br>9:00 Getting Fit w/Marian Silk \$2<br>10:00 AA Info meeting<br>11:30 Lunch (see menu) \$2<br>12-3:45 Cards: 45's & Whist<br>1:45-2:45 CTI Bone Builders B                                                                                                                                               | 28.<br>7-9 Breakfast Program with a suggested 50¢ donation<br>9:00 Getting Fit w/Marian Silk \$2<br>10:00 AA Info meeting<br>11:30 Lunch (see menu) \$2<br>12-3:45 Cards: 45's & Whist<br>1:45-2:45 CTI Bone Builders B                                                                                                                                                                     | 29.<br>7-9 Breakfast Program with a suggested 50¢ donation<br>9:30 Personal Computer/Tablet Assistance with Pierre<br>11:30 Lunch (see menu) \$2<br>11:30-3:45 Poker<br>11:45 Wii Games<br>NO Senior Social<br>2-3:45 Anxiety Support Group with Steve Coupe<br><br> The logo for Life Line Screening, featuring a stylized blue figure with arms raised, next to the text "LIFE LINE SCREENING" and the tagline "The Power of Prevention". |
| 22.<br>7-9 Breakfast Program with a suggested 50¢ donation<br>9:30 Personal Computer/Tablet Assistance with Pierre<br>11:30 Lunch (see menu) \$2<br>11:30-3:45 Poker<br>11:45 Wii Games<br>1-3 Senior Social \$1.00, DJ David Garnick; sponsored by Tufts Medicare Preferred<br>2-3:45 Anxiety Support Group with Steve Coupe                                         |                                                                                                                                                                                                                                                                                                                                                                                             | See page 6                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |

# SponSors



# Lunch Menu



**Lunch is served at 11:30 am.** Sugar-Free Jell-O & 1% Milk is available daily. **Menu subject to change.**

Lunch Tickets are available daily until 10:30 a. m. Seniors that arrive later must pay cash and will follow ticket holders.

Funding for our meal program is made possible by: EOEa, Merrimack Valley Nutrition, & City of Lowell

**Sunday**

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Saturday**

## August

|                                                                 |                                                                    |                                                                          |                                                                                |                                                                         |  |                                                                        |                                                                          |
|-----------------------------------------------------------------|--------------------------------------------------------------------|--------------------------------------------------------------------------|--------------------------------------------------------------------------------|-------------------------------------------------------------------------|--|------------------------------------------------------------------------|--------------------------------------------------------------------------|
|                                                                 |                                                                    |                                                                          |                                                                                |                                                                         |  | 1. Fish Cakes, Rice, Peas, Wheat Bread & Mixed Fruit                   | 2. Baked Meatloaf w/ Gravy, Potatoes, Corn, Wheat Bread & Fruit          |
| 3. Stuffed Cabbage, Corn, Potatoes, Rye Bread & Pears           | 4. Chicken Cacciatore, Rice, Carrots, Juice, Wheat Bread & Pudding | 5. BBQ Ribs, Potatoes, Corn, Pears & Wheat Bread                         | 6. Salisbury Steak, Potatoes, Green Beans, Gravy, Peaches & Rye Bread          | 7. Senior Outing                                                        |  | 8. Baked Scrod, Mashed Potatoes, Waxed Beans, Wheat Bread & Oranges    | 9. Hamburg & Onions, Mashed Potatoes, Waxed Beans, Rolls & peaches       |
| 10. Chicken Legs, Mashed Potatoes, Carrots, Rye Bread & oranges | 11. American Chop Suey, Garden Salad, Garlic Bread, Juice & Yogurt | 12. Pork Chops, Creole Sauce, Mashed Potatoes, Mixed Fruit & Wheat Bread | 13. Stuffed Chicken w/ Gravy, Rice, Green Beans, Potatoes, Rye Bread & Apples  | 14. Veal Parm. W/ Sauce, Cheese, Eggplant, Noodles, Peas, Rolls & Fruit |  | 15. Tuna Fish, Cole Slaw, Pasta, 3 Bean Salad, Pita & Apricots         | 16. Chicken Breast Filet, Mashed Potatoes, , Corn, Wheat Bread & Pudding |
| 17. Pork Pie, Potatoes, Carrots, Apples                         | 18. Shepard's Pie, Beets, pears & Wheat Bread                      | 19. Chicken Croquettes, Rice, Gravy, Carrots, Polls & Pudding            | 20. Roast Turkey w/ Gravy, Peas, Potatoes, Stuffing, Wheat rolls & Pine-apples | 21. Liver & Onions, Waxed Beans, Potatoes, Wheat Bread, Pudding & Juice |  | 22. Florentine Fish, Rice, Green Beans, Dinner Rolls & Peaches         | 23. Chicken Dippers w/ BBQ Sauce, Rice, Carrots, Rye Bread & Jell-O      |
| 24. Baked Ham, Sweet Potatoes, Peas, Wheat Bread & peaches      | 25. Chicken a la King, Rice, Carrots, Wheat Bread, Pudding & Juice | 26. Mac & Cheese, Stewed Tomatoes, Broccoli, Wheat Bread & Pears         | 27. Stuffed Peppers, Corn, Juice, Multi-Grain & Oranges                        | 28. Cheese Raviglio w/ sauce, Green Beans, Garlic Bread & Fruit Cup     |  | 29. Chicken Salad, Pasta Salad, 3 Bean Salad, Pita Bread & Mixed Fruit | 30. Swedish Meatballs, Pasta, Green Beans, Pudding, Wheat Bread & Juice  |
| 31. Hot Dogs & Beans, Coleslaw, Juice, Rolls & Pudding          |                                                                    |                                                                          |                                                                                |                                                                         |  |                                                                        |                                                                          |

### Free Transportation to Center

Seven days a week pick-up and drop off (Except Holidays) to the Senior Center to do errands in the area and have lunch. You **MUST** call before 9:00 a.m. the day of your ride. Departure is after lunch (appr. 12:30 pm-1:30 pm); except Saturday and Sundays which is at 12:15 pm.

### Grocery Trips to Market Basket

Tuesdays and Thursdays (2-bag limit). Call 978-674-1172 within 48 hours before your requested day. Call Mon. thru Fri. from 9 a.m. - 3p.m. to schedule your ride. Seniors are eligible if you do not have a vehicle and are 60 or older.



**DementiaWise™ Monthly Educational Webinars**

**DementiaWise**  
Creating Better Days

These **FREE 1-hour webinars** take place on the **3rd Tuesday** of every month at **7:00 p.m. and 9:30 p.m. Eastern Time**

| Date     | Topic                                                   |
|----------|---------------------------------------------------------|
| Aug. 19  | Handling Difficult Dementia Behaviors                   |
| Sept. 16 | Home Safety Issues                                      |
| Oct. 21  | Medications That Can Make Dementia Worse                |
| Nov. 18  | Important Caregiving Techniques for Families            |
| Dec. 16  | Creating Happy Holidays for Those Dealing with Dementia |

**Register today at [www.ComForcare.com](http://www.ComForcare.com)**

This site lists municipal, community and cultural events in the City. Anyone can add their event to this site (no garage sales though!)

[www.lowell.org](http://www.lowell.org)

This is the City's promotional site, listing information on economic development, neighborhoods and the arts.

[www.cultureiscool.org](http://www.cultureiscool.org)

This lists everything about Lowell's cultural community.



We hope you will use these websites and share them with people who are not familiar with the city; they are great resources!

### Lowell Public Swimming Times and Locations

Do your grandchildren need to cool off this summer? Want to go for a swim? The Recreation department has assigned staff and times of coverage for the following public swimming locations between July 1, 2014 and August 15, 2014.

Merrimack Waterfront  
160 Pawtucket Boulevard  
11:00 AM – 7:00 PM

McPherson Pool  
185 Hildreth Street  
12:00 PM – 6:00 PM

Please note the following: All dates, times and information is subject to change. All instructors and life guards are American Red Cross WSI Certified Instructors. For additional information, please contact the Recreation Department at 978-674-4175, or email them at: [recreation@lowellma.gov](mailto:recreation@lowellma.gov).



### There's A Lot To Like About Lowell!

It's easy to find out what's going on in the City of Lowell! We have three informational websites:

[www.Cityoflowellcalendar.org](http://www.Cityoflowellcalendar.org)

## People misread 'use by' label; 40 percent of food tossed

By **TIFFANY HSU**  
Los Angeles Times

Confused by the "sell by," "use by" and "best before" labels on the foods sold at grocery stores? So are more than 90 percent of Americans, who prematurely discard edibles because they have misinterpreted the dates stamped on the products, according to a report released Wednesday.

Many consumers read an item's sell-by date as an indicator of when the food will spoil. But it's an inaccurate assumption, according to a study conducted by the Natural Resources Defense Council and Harvard Law School's Food Law and Policy Clinic.

Manufacturers use sell-by dates to help retailers manage their inventory. It encourages stores to sell a product within a specific

time frame so that the item still has a shelf life once it's purchased.

Not even the common "best before" and "use by" labels indicate a deadline after which products go bad, according to researchers. Instead, they are producer estimates of how long the food will be at peak quality.

"Expiration dates are in need of some serious myth-busting because they're leading us to waste money and throw out perfectly good food, along with all of the resources that went into growing it," said Dana Gunders, an NRDC staff scientist. "Phrases like 'sell by,' 'use by,' and 'best before' are poorly regulated, misinterpreted and leading to a false confidence in food safety."

The misunderstanding comes at a steep price. Last year, the NRDC found that Americans throw out as

much as 40 percent of the country's food supply each year, adding up to \$165 billion in losses.

Food waste makes up the largest portion of solid trash in landfills, according to researchers. Some \$900 million of expired food is dumped from the supply chain annually, much of it a result of confusion. Misinterpreted date labels cause the average American household of four to lose as much as \$455 a year on squandered food, according to researchers.

The study attributes consumer reliance on expiration date labels in part on shoppers' gradual shift away from farms over the years. So far removed from direct contact with food production, concerns about food-borne illnesses and freshness gave rise to preoccupation with sourcing and safety.

# HOLIDAY FUN

## The Power of a Hug

It is wondrous what a hug can do,  
 A hug can cheer you when you're blue.  
 A hug can say, "I love you so,"  
 or, "Oh, I hate to see you go."  
 A hug is a "Welcome back again."  
 A hug can soothe a small child's pain  
 and bring the rainbow after rain.  
 The hug! There's just no doubt about it,  
 we scarcely can survive without it.  
 A hug delights, warms, and charms,  
 it must be why God gave us arms.  
 Hugs are great for fathers and mothers,  
 sweet for sisters, even fine for brothers.  
 And chances are favorite uncles and aunts  
 will love them more than potted plants.  
 Hugs can break the language barrier  
 and make the day seem merrier.  
 No need to fret about the store of them,  
 the more you give, the more you get of 'em.  
 So stretch those arms without delay  
 and give someone a hug today!

## Myself

I have to live with myself and so  
 I want to be fit for myself to know,  
 I want to be able as days go by,  
 Always to look myself straight in the eye  
 I don't want to stand in the setting sun  
 And hate myself for the things I've done.

I can never hide myself from me,  
 I can see what others never may see,  
 I know what others may never know,  
 I never can fool myself and so  
 Whatever happens I want to be,  
 Self-respecting and conscience free.

## Living

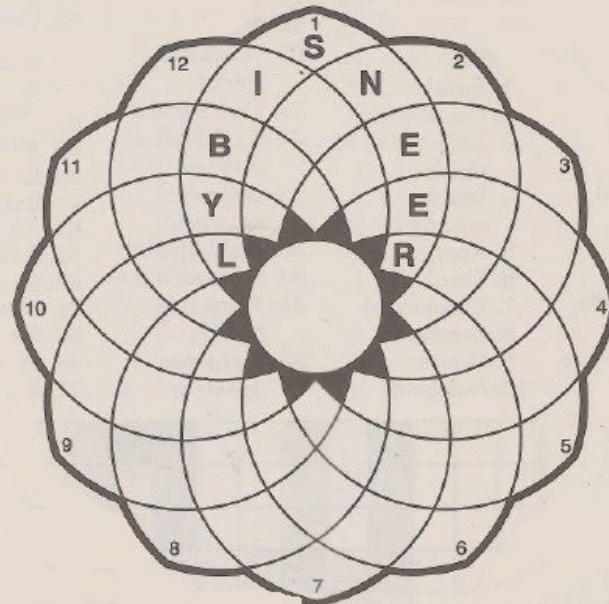
"There comes a time in your life,  
 when you walk away from all the drama

and people who create it.  
 Surround yourself with people who make you laugh.  
 Forget the bad, and focus on the good.  
 Love the people who treat you right,  
 pray for the ones who don't.  
 Life is too short to be anything but happy.  
 Falling down is a part of life,  
 getting back up is living."

## Answers page 4

## FLOWER POWER

The answers to this petaled puzzle will go in a curve from the number on the outside to the center of the flower. Each number in the flower will have two 5-letter answers. One goes in a clockwise direction and the second in a counterclockwise direction. We have entered two answers to help you begin.



### CLOCKWISE

1. Grimace
2. Enthusiasm
3. Origami need
4. Shaq, e.g.
5. Not drunk
6. Tangle
7. Hindu guitar
8. Badger's kin
9. \_\_\_ wave
10. Record plastic
11. Log house
12. Mongoose kin

### COUNTERCLOCKWISE

1. Prophetess
2. Smithy's item
3. Primp
4. Officer-to-be
5. Flavor
6. Radio word
7. Cavalry weapon
8. Large stream
9. Spud
10. Very important
11. Fall drink
12. Venice feature



## **VOLUNTEERS NEEDED**

The Merrimack Valley Food Bank's Mobile Pantry Program is a community based program providing nutritious food and health information to home-bound elderly and disabled individuals living in the Greater Lowell area.

Groceries are delivered once a month to eligible clients and volunteers are needed to deliver food in Billerica, Chelmsford, Dracut, Lowell, Tewksbury and Tyngsboro.



Volunteers use their own vehicles and delivery schedules are made up according to the person's availability.

Please contact Suellen O'Neill, Mobile Pantry Program Director at 978-454-7174, [soneill@mvfb.org](mailto:soneill@mvfb.org) for information and training schedules.

## **Downtown Lowell** **First Thursdays on August 7**

Get ready for a "downtown beach party" on Thursday, August 7 as the streets of Lowell come alive with music, art and activity from 5 PM to 9 PM! Look for the yellow fluttering banners as we celebrate summertime Lowell style with fun and activities for all ages!

The famous Riverhawk Party Band will once again parade around town bringing their infectious blend of N'awlins Jazz and marching pizzaz that causes instant happy feet and crowds of spectators. They will parade among the over 15 venues in the downtown area between 6 and 8 PM. The center of gravity will be the Lowell Historic Park Visitor Center on Market St., where you can find maps and listings of all events and friendly park rangers with advice and directions.

This month the "Battle of the Artists" is coming to Lowell. The battle consists of artists going head to head creating live art right in front of an audience - artists will be performing in the courtyard behind the visitor center, rain or shine and the event runs from 5:30 til 8:30. Winners are determined by audience choice so release your inner critic and be inspired at the same time!

Both the Whistler House and American Textile History Museums are free admission, and an easy walk. The NE Quilt Museum is half price and many smaller galleries downtown are open and offering refreshments, demos and activities. In addition, our many restaurants and stores offer specials on Thursday nights, as listed on the program. Whether you are searching for fancy sneak-

ers, a cup of artisanal coffee or a hand crafted cocktail, you can find it. Be inspired, hear music, make art and enjoy the delights of our center city neighborhoods.

Start your weekend early and "come to Lively Lowell" on a Thursday evening - partake of some culture, grab dinner and stay late for some entertainment; you can find street parking, use the visitor center lot or park at reasonable cost in the Leo Roy parking garage on Market street, only two blocks away.

## **Dental Assistance Programs**

Attention people with low incomes and no dental insurance. Hopefully this information will help people with limited financial resources find programs in the area that have been set up to help you with your dental needs.

A good place to start looking is on the website of each state's dental association. [Massachusetts Dental Society Massachusetts and the Massachusetts Dental Centers] They frequently have a section where they list the details and contact information about the assistance programs of which they are aware.

Additional sources you might want to use you use beyond what is listed above is to look is the website of your city or county's health department: <http://www.lowellma.gov/health/Pages/default.aspx>

These offices are typically very knowledgeable about what programs exist and can steer you toward them. And, if you're looking for programs for children, don't overlook contacting the office of their school's nurse. The city of Lowell Health Department is located in the Highlands area of Lowell at 341 Pine Street 01851. Office Hours Monday-Friday, 8:30 AM - 4:30 PM; Phone 978-674-4010, FAX 978-970-4011.

## **All Care Visiting Nurses**

A Hospice and Private Duty Services, it was started in Lynn, MA over 100 years ago. All Care assist patients and families in achieving maximum level of recovery and independence through our home care services.

Come join us on August 26th when we discuss How To Have A Meaningful Visit: with a friend or loved on with Dementia.



AARP Tax preparer Kris Munty walks the buffet line at the Volunteer Luncheon party on Thursday, June 26, 2014.



Volunteer Eileen Golden and Volunteer Coordinator Audrey McMahon at the Volunteer Luncheon Party.



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Lowell, MA 01854

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~ The official publication of the Lowell Senior Center ~

[www.lowellma.gov/seniors](http://www.lowellma.gov/seniors)



FUNDING FOR OUR NEWSLETTER IS PROVIDED BY THE EXECUTIVE OFFICE OF ELDER AFFAIRS, THE CITY OF LOWELL, THE FRIENDS OF LOWELL COUNCIL ON AGING INC & OUR GENEROUS ADVERTISERS.

Life Line Screening will be here at the Lowell Senior Center on Friday, August 29, 2014 from 8 AM to 5:30PM.



They will be offering safe, painless, non-invasive preventive health screenings that are typically not a part of a routine physical. To be more proactive about your health and to live longer for yourself, your family and your community, please register for these potentially life-saving tests today.

For an affordable price, you can learn your risk of having stroke or vascular disease.

There is no time like the present to take action! Learn more by watching this short video at <http://www.lifelinescreeningblog.com/introduction/>

SIGN UP ONLINE AT: [www.lifelinescreening.com/community-partners](http://www.lifelinescreening.com/community-partners)